## Household Hints == WOMAN'S REALM == Latest Styles



Caroline Chatfield Says Today

Sentimentalists Have Hard Time in 1942.

DEAR MISS CHATFIELD:

She's a widow and since I have known her she has worn a diamend ring which her husband gave her. I gave her a larger stone for a Christmas present and assumed she would wear only mine. She simply shifted the smaller stone to the other hand and continued to wear it. Every time I look at her hands I get angry. Isn't it as little as a woman can do to take off the jewelry her husband gave her when she accepts jewelry from her flance?

A READER.

Friend, don't you know that for one more diamond, a jewel-lovin' woman would put a man's heart in a lemon squeezer, squeeze it hard and never have a thought for his discomfiture? Also don't you know that this is not an age of sentiment and those who look for it are doomed to disappointment. One of the two things you must do: either try to get the lady's point of view or try to give her yours. Her's is probably something like this: she's always wanted two rings and now she has them. Why not wear them? If it has occurred to her that the old ring might arouse your jealousy, she's argued that the time to take it off is when you complain; not before.

When a man and woman reach the diamond ring stage they should have a fair understanding of each other and be well on their respective ways to adjusting to each other. All of which requires right smart conversation on many subjects. So in the effort to acquaint the lady with your view point you should tell her in plain words that your sensibilities are offened by her continuing to wear the ring of number one and that it would make you much easier in mind if she could see her way clear to wear only yours.

For yourself, you should adopt a practical attitude to the subject and refrain from asking your flancee to dispose of her diamond. D'amonds are money in any language, in any land, and a diamond in the bank box is a mite of insurance laid away for a rainy day, if one should come. Also you should remember that while a ring is a more personal thing than real estate, stocks and bonds, since you aren't urging the widow to give up these inheritances, if any, there's no logical reason why you should be more exacting about jewelry.

In this hard boiled age it's sort of comforting to know there are a few softies left, people who are unashamedly sentimental and don't

CAROLINE CHATFIELD.

Problems of general interest saturative by readers will be discussed in this column. Letters unsuitable for publication will be answered personally provided they contain stamped, self-addressed envelopes. All names are held in confidence. Write Miss Chatfield, in care of this newspaper

## **MODERN MENUS**

## Cheaper Meat Cuts Are Nutritious

BY MRS. GAYNOR MADDOX NEA Service Staff Writer

The less expensive cuts of meat to handsomely in those hearty Here are some "proofs of the pudling" for your family and for your auskier guests.

> BEEF A LA MODE (Serves 8 to 10)

Five pounds brisket of beef, arge onions, quartered; 8 carrots, eplit lengthwise: 3 bay leaves, 2 loves garlic, 1-8 teaspoon thyme, 1-2 teaspoon whole cloves, salt, pepper. 3 quarts of broth.

Place in large pot with vegetables. Pour in broth just to cover. Add sonings. Cover. Bring to a boil, then reduce to simmer and continue to simmer (not boil) for 3 1-2 hours. Remove meat, slice and serve with portion of vegetables.

ROLLED FLANK STEAK

One flank steak, 1-4 pound salt pork sliced thin, salt and pepper, cayenne, flour, 2 tablespoons bacon fat, 1-2 cup canned t omatoes, 1 small can mushroom pieces and

Using sharp knife, score meat across the grain. Place strips of pork on meat lengthwise. Roll meat and fasten with skewers.

Slice crosswise into 1 inch pieces. Tie each piece securely. Season and dust with flour. Place in large baking dish. Pour in tomatoes, mushrooms and juices. Cover and simmer in moderate oven (325 degrees F.) until tender, adding more ready to travel

liquid if necessary.

This lemon sauce poured over slices of stale cake makes a hefty low cost dessert for winter sports-

LEMON SAUCE

One cup hot water, 1-2 cup sugar, 2 tablespoons cornstarch, 1 egg, beaten, 1-2 teaspoon salt, juice of ing a furnished room or apartone lemon. ment look at-Mix cornstarch, salt, and sugar tractive, are about all she

together, add egg. Pour hot water and lemon juice over this mixture and cook 10 minutes over a

low flame.

SUNDAY'S MENU

BREAKFAST: Orange and grapefruit juice, scrambled eggs, oatmeal muffins, jelly, coffee,

DINNER: Rolled flank steak, mashed potatoes, buttered carrots, mixed greens salad, cake slices with lemon sauce, coffee,

SUPPER: Chili con carne, hunks of bread, mixed fruits, nut cookies, tea, milk.

## SIDE GLANCES

By Gallbraith



"Helen said she was going to throw that chap over-but you know how badly girls throw!

# Redgy" Nerves Glorifying Yourself

WAR BRINGS NATIONWIDE BOOM IN EVERY BRANCH OF THE CRAFT



Needlework, both as a practical homecraft and a means of expression is one of the oldest of crafts. Today, because of the beauty of its product and the relaxation it brings to taut nerves, needlework is enjoying a

> BY MARGUERITE YOUNG NEA Service Staff Writer

New York.-Trade people and defense outfits report a big increase in me needlework since the war began, and you can see it yourself. Farm wives, career women, college girls are taking to knitting, crocheting, sewing. In New York, knitting needles click in crowded subway trains, in limousines scudding along Park Avenue, and in living-rooms full

WE, THE WOMEN-

of Sunday night supper guests.

## Homemaking In Wartime Will Test Brides' Adaptability

lovely lamps, the brand new furni-ture that used to go with a wed-A good many girls who marry

have to b notice. A nice, sturdy trunk, where she can pack her clothes, a few knick-knacks for mak-

housekeeping.

want and can't

use many pos-

needs to set up RUTH MILLETT

Those and a resourceful nature For if she isn't resourceful and easily adaptable to fast-changing First recent increase no circumstances, the 1942 bride isn't very good marriage.

Chances are her young man is in the army—or subject to draft at any time. Not for her is the settling down that used to accompany marriage, when a couple built or rented a house, filled it with furniture, went about the business of fitting themselves into a social group they meant to stay in for a long time, perhaps all their lives, and looked forward to having a family.
NOMADIC LIFE FOR

No, she has to be ready to pick up and leave wherever she is on short notice, to make friends that she doesn't expect to keep, to set up housekeeping with rented fur-

idea that at any time she might be

living alone or back home with

her family. So she has to be resourceful to her marriage has a feeling of permanence about it, even though it lacks the trappings of permanence But don't worry about her. She will make a good marriage out of the chance she has at happiness For she has known for some time that the young folks of today must manage to find personal happiness in spite of the time and that they must fit their individual lives into an endeavor bigger than they are.

## PERSONALTIES

Lucille Ball and Desi Arnaz are being seen by New Yorkers for the first time as an acting team, as they appear currently on the stage of Loew's State Theater. Miss Ball, who will soon be seen in "Valley of the Sun," met Arnaz on the lot of "Too Many Girls". Their romance led to marriage a year ago. . mond O'Brien, having finished "Powder Town," is vacationing in New York. . . Richard Barthelmess, cast in RKO Radio's "The Mayor of 44th Street," is in New York to see his daughter in her stage debut.

GHOSTS

The shades of George Washington Andrew Jackson, Benjamin Frankin, Chief Justice Marshall, Thomas Jeffierson, James and Private Henry Bartholomew Smith appeared Paramount's "The Remarkable

Ask, and you'll get the answer: needlework "relaxes" war-tensed women. What they started for patriotism, they continue for pleasure 'That's scientifically sound. Mental hygienists have an axiom: "Steady hands—steady nerves."

Relief agencies say that American women are well along on the huge job they've been asked to do for soldiers. This includes about 1,000,000 sweaters to knit this win-BY RUTH MILLETT

The vine-covered cottage is out for many of today's brides. So are the sets of fine china and glass, the level lamps, the heard new forms. who know the hig little

> industry which supplies the patterns, wool, cotton, thread for cloth and other materials needlework predict that 1941's final figures will show around 50,000,000 pounds of wool used-a volume worth some \$150,000,000-for knitting and crochet. America used balls of crochet cotton than baseballs last year. Needlepoint alone accounted for around \$7,000,-000 worth of materials used last

Of course not all that reflects war-inspired needlework-but it all ties in to the stress of the times. Besides easing nerves and enabling women to have more beauty in their homes than they could otherwise handwork provides more clothes. It has been bounding forward in volume for the past eight years-years of increasingly difficult times.

First recent increase noticed by sales was in petit-point materials. going to be very happy or make a Then quilting. Church groups and rural women revived that good old American institution—the quilting About five years ago knitting, then

crocheting, began to come back. The National Crochet Contest, which had 22,000 entrants in 1937, drew 400, 000 women into its circle in 1941. This followed the annual Women's National Institute exhibit-a needlework and handcrafts display covering 25,000 square feet of floor space. Hand-knitted garments, especialthe Middle West, embroidery, household linens, and needlepoint renishings and to get used to the mained the favorite handwork. This switching from other forms of packaging: department stores provide the picture to be made, the
stamped goods, thread, frame, and
low old to be the stamped goods, thread, frame, and low old the stamped goods.

It's a safe bet that the woman

the market for these roared. were really getting their hands in, going to be idle during leisure mo-the war came. The immediate con- ments after her war quota is comsequence was a certain amount of pleted.

vertisements.

The will power is yours to find. Here's some potent advice from a man who shows the ropes to some of the very best models. Impresario Harry Conover hands it out in black and white—a printed booklet of "Do's and Don'ts" for his professional beauties. Try them yourself. (1) "Do appear fuly and charmingly dressed. The Bohemian touch went out with Elinor Glyn. Your

nice little girl woes about the streets of the city without hat and gloves.

(2) "Do be on time. It doesn't do much for appearance to be late.

(3) "Don't fling your personality all over the lot.

Carole Lombard, Margaret Sullavan, Bette Davis and their ilk, arrive on the set at the ungodly hour of 6:45 A. M., fully made up.

(5) "Do have your hair and nails nice for any and every job. This

vear with loving care. Watch your lipstick when robing or disrobing. Take precautionary measures for personal daintiness.

(7) "Don't borrow things from the dressing room. Borrow is a nice word. Snitch is what we call it. Nasty word, nasty practice.
(8) "Don't be a busybody. A few questions about the situation are in

order, but this feverish, grasping interrogation department is embarrassing as well as distinctly annoying.
(9) "The night before you have

and be home by ten o'clock.' "When he glares at you, you laugh,

BOHEMIA and Moravia have issued stamps to commemorate the 150th anniversary of the death of Wolfgang Amadeus Mezart who died Dec. 5, 1791. Two high values will bear a portrait of Mozart while others bear illustrations of the old Prague City Theater in which Mozart's opera "Don Gio-

The Russo-German War will be the subject of a series of "victory" stamps to be issued by Rumania. One design shows Rumanian forces crossing the Dniester river into Russia. The Pan American Union will

be a depository for specimen copies of all stamps to be issued by the 21 member republics. It is expected that close collaboration among the American nations in their postal affairs will bring a stronger hemisphere solidarity.

sets of the stamps, one of which will be mounted on display sheets with annotated texts and will be available to accredited organizations for exhibition.

public special delivery 10-centavos has been changed from yellow green to blue green. . . . Turkey is expected to release a commemorative series in honor of the 14th agricultural fair at Smyrna. . . The Orval Abbey semi-postal

souvenir theets.

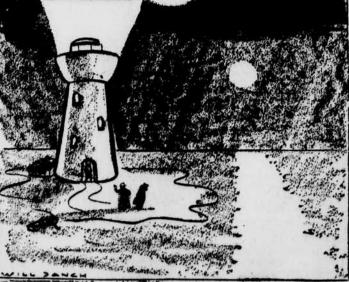
## HARD KNOCKS

While trying to crash the movies Laird Cregar, now Hollywood's most competent portrayer of villains, slept in a friend's sedan, ate ly slacks suits, boomed in the Far through the generosity of another West first, and soon young girls from actor-friendship. Currently he is Boston to Florida were making winning praise for his portrayal of themselve sweaters and suits. In the Gestapo head in RKO Radio's "Joan of Paris."

was further stimulated by modern needlework to knitting for defense

get by in 1942, if she is to see that glass all in one handy parcel, and who knits a sweater now, and thus discovers that she can make spe-Just as American women thus cial lovely things for herself, is not

Waterbury Sketches... By Will Danch



lirect lighting from one of the lamps at the bridge parties like Evelyn Clifford of Robbins street attends!"

NEA Service Staff Writer Maybe you don't think they're born that way. Maybe you know very well that you, with enough savvy and will power, could create an enchantress and a success too-just like the beauties that decorate magazine covers and the scintillant ad-

mother must have told you that no

all over the lot.
(4) "Do arrive with makeup complete. After all, little numbers like

seems too obvious to mention.

(6) "Do treat the clothes you

an eight-thirty appointment for the next morning, you say to your man, 'Look, you're terribly fascinating and I'm having a marvelous time, and I don't know where I get the will power, but I must tear myself away

one of those rippling laughs and say, "The price of beauty, you know."

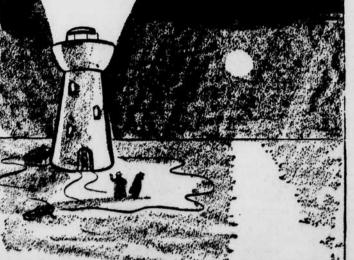
## . STAMP NEWS

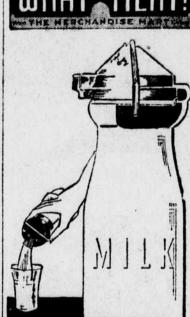
vanni" was produced for the first time.

The Union will receive three

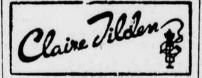
New Issues: The Dominican Re-

series issued by Belgium last summer has appeared in two large





Paper caps for milk bottles have but one function but this new home substitute for them is more ver-satile. Placed over the bottle it converts it into a pitcher for storage of any fluid substance. Made in a variety of colors the plastic cap clamps over the bottle as shown and the liquid contents may be released by adjusting metal band enveloping the can



NEAT ORIGINAL HOME FROCK



Keep your housefrocks up-to-date keep them young and attractive looking by using Claire Tilden Patterns! Pattern 463 has that Would it be too late to correct it original touch you expect from this noted designer. See the scallops on the bodice, the convenient side buttoning that makes this mode quick to slip on in the mornings. A setin belt contrives to give you a physical education teacher at school, wasp-waist that is most becoming or under the physical instructor at edge the belt with ric-rac or ruffling, if you like, to match the scallops and sweetheart neckline. The skirt is pertly flared for a young effect and is cut straight at the side, and bias at the center seam, back and front. A busy housewife needs an everfresh supply of just such gay frocks as this stock up now and make several with this easy pattern! Plan one in a novelty plaid fabric like the one shown in the picture—plan another in a splashy printed cot-ton. You'll be surprised what an attractive street frock this makes,

version in dark crepe with dainty ingerie touches.

Pattern 408 is cut in misses' and women's sizes 12, 14, 16, 18, 20, 30, 32, 34, 36, 38 and 40 size. Size 16 requires 3 3-8 yards 35 inch fabric

too— for example a long-sleeved

and 3 5-8 yards ric-rac edging. Send FIFTEEN CENTS (15c) in coins for this pattern. WRITE CLEARLY SIZE, NAME, AD-DRESS AND STYLE NUMBER. Send orders to Waterbury Demo crat Pattern Department, 70 Fifth Avenue, New York, N. Y.

## CRANIUM CRACKERS

ON THE BOOKSTALLS There's always something doing in the land of literature, with hunireds of books coming off the pub-

lishers' presses every month. How well are you acquainted with some of the more recent efforts of well-known writers?

1. Name the three interpretative books about continents written

by John Gunther. 2. What news commentator and ter turned his personal chronreporter turned his personal what is icles into a best seller, and what is 3. Does "Reveille in Washington"

concern Revolutionary, Civil War, World War, or present day events n the nation's capital? 4. The author of "The Citadel" has another best seller on the stalls What is it and who is the author?
5. What new books by Willa
Cather and Jan Struther are now

Answers on Back Page

## How To Keep Well By DR. WILLIAM BRADY, M.D.

(Signed letters pertaining to personal health and nyglene, not to disease, diagnosis or treatment, will be answered by Dr. Brady if a stamped self-addressed envelope is enclosed. Letters should be brief and written in ink. Owing to the large number of letters received only a few can be answered in this column. No reply can ge made to queries not conforming to instructions. Address Dr. William Brady. National Newspaper Service, 320 West Madison Street, Chicago, Ill.

or the primitive savage.

newspapers scientific journals and shoulders back into overcorrected the like. One thing I know is that the primitive savage or the human beings who has never been taught by an "expert" how to breathe, breathes more efficiently than the individual who has been instructed or trained in such matters. The untutored individual breathes as a race horse of a draft horse or a greyhound or a deer breathes, mainly with the belly. The Individual who has received instruction in breathing, from a music master, say, or from an uneducated physical rainer, breathes mainly with the chest and generally handicaps his or her breathing efficiency by voluntarily opposing or restraining the natural function of the breathing muscle, the daiphragm.

Moreover savages or members of races less cultured than our own, races or peoples to whom our "refinements" have not been introduced, generally have better posture and better carriage than we have. They certainly have better teeth, jaws and facial devolpment than we have, and less disease and suffering with dental caries, pyorrhea, nose and throat disorders, sinus troubles. If this seems at all incredible to you, read "Nutrition and Physical Degeneration" (Hoe-ber) by Weston A. Price, D. D. S.

A kind of hackneyed reply to the teaching that we should restore na-tural food to its proper place in our everyday diet is the sniffing observation that of course we are too ladylike to eat the crude, coarse foods our early ancestors had to eat. This is the bunk. Whatever our early ancestors had to eat scarcely matters. What all good nutrition authorities say is that the whole wheat flour and the crude unrefined brown or raw sugar and molasses which together yielded more than half of the calories of the diet of Americans a hundred years ago and incidentally about 600 international units of thiamin (B1) and proportionate amounts of the other entities of vitamin B com-plex, should replace, at least part of the refined white flour and refined white sugar and syrups which together yield more than half of the calories of the modern American diet but only about 50 international units of thiamin (B1) and proportionate deficiencies of the other

entities of the B complex.

The nutrition authorities of the day are all in accord in urging further that the diet of men, wom-en and children today is nearly always deficient in calcium (and phosphorus, which occurs with calclum in most foods containing much calcium) and sunshine vitamin D which is essential for the assimilation, retention and utilization of calcium and phosphorus in the body. In a later talk we'll suggest how to correct these fundamental faults of modern diet without reverting to any monkey business.

## QUESTIONS and ANSWERS Round Shouldered

I am 17, slightly round shouldered. I try to correct it by standing up straight but my clothes never seem to show that I am. with one of these shoulder braces they sell for a dollar? (H. M.) Answer - Of course no brace or

artificial appliance will correct it Proper physical training, under the or under the physical instructor at N. Y. Be sure to write plainly your the Y would probably correct it, if name, address and the name of set

SPEAKING OF PRIMITIVE you follow it conscientiously and do as the instructor tells you. Every I said the other day that vite hour by the clock brace yourself, means, among other things, an adequate fund of reserve power to tide as though supporting heavy weight, over emergencies and strains, the chin in as though inside high colresiliency of the untamed animal lar, fingers clasped together at your back in a stirrup, then thumbs turn-What do I know about primitive ed down, under and back—and hold savages? Only what I read in books, this for a minute or so-it pulls the

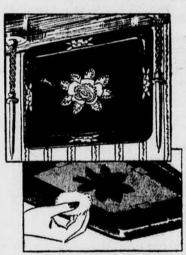
Broken out with rash resembling prickly heat, but it lasted many months. Sent for your pamphlet "Relief for Allergy" and three days after beginning p. c. improvement was evident, and inside of a week the trouble cleared up nad has not returned. Had tried numerous internal and external remedies but obtained no relief until I got the suggestion from your column. (Mrs. S. A. C.)

Answer - Thanks. Copy of the pamphlet available on request—in-close stamped envelope bearing your

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Some Service

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Easy to Stencil and Paint

New trays for old! Pretty trays

With patterns, you can easily paint lovely floral designs on or-dinary tin trays, boxes or what-For a gleaming black tray with gold and silver flowers on it, first apply a coat of flat paint and then enamel.

To apply your design, you may pattern on brown paper and cut first trace eah flower-and-leaf

stencil of it. For the large center flower, trace just its outline and cut htat out. Then cut another stencil of just the parts you'll paint silver. Shellac one side of each brown

paper stencil, let it dry, and shellad

the other side. Then, using a pounce

-a ball of cotton wrapped in muslin—apply the gold enamel to the tray through your first steneil. When it's dry, apply the silver through the second stencil.

Our set, "Floral Patterns for Decorating," has actual-size patterns for the large and small floral designs. Includes instructions for tracing, stenciling and painting; detailed directions for

different color scheme. Also tells how to make a plywood tray. Send 10c in coin for your set, "Floral Patterns for Decorating" to Waterbury Dmocrat Home Service, 635 Sixth Avenue, New York, N. Y. Be sure to write plainly your



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